

What is claimed is:

1. A metal channel member adapted for constructing a metal wall frame, comprising:
 - a central longitudinally extending floor portion;
 - a pair of side walls formed on opposite sides of said floor portion;
 - at least one retainer member struck outwardly from said channel member;
 - and at least one stop struck outwardly from said channel member.
2. The channel member of claim 1, wherein said stop comprises a plurality of longitudinally spaced tabs.
3. The channel member of claim 1, wherein said retainer member comprises a plurality of longitudinally spaced retainer members.
4. The channel member of claim 1, wherein said retainer member comprises an upstanding base portion and a leg portion extending longitudinally from said base portion.
5. The channel member of claim 1, further comprising at least one crimp portion formed in one of said side walls.
6. The channel member of claim 1, wherein said stop is struck from said floor portion and said retainer member is struck from said floor portion.
7. The channel member of claim 1, wherein said retainer member is struck

from one of said side walls.

8. A metal stud adapted for constructing a metal wall frame between a pair of channel members, comprising:

a longitudinally-extending central column portion having a pair of opposite end portions;

a pair of side walls formed on opposite sides of said central column portion;

and at least one alignment slot formed in said stud for receiving a first retainer formed on one of said channel members.

9. The stud of claim 8, wherein said alignment slot comprises a pair of elongated alignment slots.

10. The stud of claim 8, wherein said alignment slot is formed in at least one of said end portions of said central column portion.

11. The stud of claim 8, further comprising an extender longitudinally slidably mounted within said stud.

12. The stud of claim 11, wherein said extender is formed with a push hole for pushing and sliding said extender within said stud.

13. The stud of claim 11, wherein said retainer member has at least one slot formed therein for receiving a second retainer formed on one of said channel members.

14. The stud of claim 8, further comprising an indented portion formed in at least one of said side walls for receiving a spacer bar.

15. A metal wall frame/system, comprising:

a metal channel member having a floor portion and a pair of side walls upstanding from said floor portion;

a series of stops formed at predetermined intervals along said channel member;

a series of retainer members formed at predetermined intervals along said channel member;

a metal stud interconnected to said channel member and having at least one alignment slot formed therein and receiving one of said retainer members; and

said stud being butted against one of said stops.

16. The system of claim 15, wherein said stops are formed as upstanding tabs struck from said channel member.

17. The system of claim 15, further comprising a series of longitudinally spaced crimp portions crimped inwardly from said side walls and locking said stud on said channel member.

18. The system of claim 15, further comprising a series of metal studs interconnected to said channel member and further comprising a spacer bar interconnecting each of said studs.

20. The system of claim 18, wherein said stud comprises a side wall having a recessed portion receiving said spacer bar.